

Stone Soup Gazette

Orange County Health Needs Assessment

Volume 10, May 1999

In This Issue:

- OCHNA Project Update
- Quiz - General Health and Prevention
- Social Services Agency Multipurpose Senior Services Program Fosters Independent Living in the Community
- A Recipe For Good Health
- Community Highlight: Health Improvement Corner

RESULTS OF ORANGE COUNTY HEALTH NEEDS ASSESSMENT UNVEILED

By: Heather Clifford, Project Coordinator – OCHNA



In an exciting luncheon event on Friday, April 9, 1999 at the Anaheim Marriott Hotel and partially sponsored by the Irvine Health Foundation, the results the Orange County Health Needs Assessment project were released to the public. Nearly three hundred attended the event to hear speakers on health care in Orange County and the collaborative process and get a first look at the project's Executive Summary.

Orange County Supervisor Cynthia Coad (4th District) jump started the day's events and was then followed by Jon Gilwee of the Healthcare Association of Southern California who offered some insight into the state of health in Orange County and Azhar Qureshi, M.D., Dr.PH of St. Joseph Health System who provided the audience with information on the methodology of the project. Later, in a Power Point Presentation, interesting and exciting results of the Orange County Health Needs Assessment were presented by America Bracho, M.D., CEO of Latino Health Access. The keynote speaker, Kevin Barnett, Dr.P.H., M.C.P. from the Public Health Institute in Berkeley, spoke on the challenge of the collaborative process and Elsa Murphy of the Office of Statewide Planning and Development (OSHPD) provided a statewide perspective. The event concluded with words from OCHNA co-chair Len Foster on the future of the OCHNA collaborative.

The Executive Summary highlights some the reports most salient information. For instance, nearly 17 percent of Orange County adults are without any type of health care coverage. In addition, over half of those without any health care coverage are from Latino/Hispanic and Vietnamese populations. Also disturbing was the finding that fewer than 10 percent of children in Orange County are receiving proper nutrition.

The luncheon not only helped to highlight the results of the Orange County Health Needs Assessment and serve as a call for community action, but also reaffirmed the dedication of the OCHNA collaborative to moving forward with this information to make a difference.

For more information on how to receive copies of the Orange County Health Needs Assessment Executive Summary or Final Data Report, please contact Heather Clifford, Project Coordinator – OCHNA at 714/547-3631.

Quiz – General Health & Prevention

Information taken from Orange County Health Needs Assessment Spring Report, 1999

1. Low income respondents were less likely to be in “excellent” or “very good” health and more likely to be in “fair” or “poor” health than respondents in the middle or high income categories.

- A. True
- B. False

2. Income is not a significant indicator of whether a person does or does not have dental or vision insurance.

- A. True
- B. False

3. Which of the following was cited by parents as the number one reason for their child not visiting their doctor for a routine check-up in the past 12 months?

- A. Cost
- B. Fear
- C. No reason to go
- D. Can't get to office or clinic

4. The two most common forms of contraceptives used in Orange County are:

- A. Hysterectomy and Vasectomy
- B. Hysterectomy and Condoms
- C. Condoms and Oral Contraceptives
- D. Orals Contraceptives and Vasectomy

5. The majority of people who use alternative therapies to treat an illness do so in addition to rather than instead of traditional treatment.

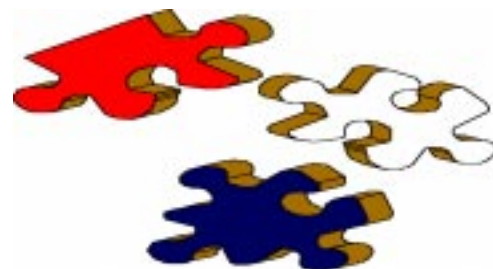
- A. True
- B. False

Answers: A, B, C, C, B



WWW.OC.CA.GOV/OCHNA/

Visit our web page and check out what is new and exciting, as we venture forth on our quest for a healthier community. If you have questions, suggestions or wish to get involved, please contact Pamela Austin, Director, at (714) 547-3631, or e-mail her directly at paustin@hasc.org



Stone Soup Gazette

The Stone Soup Gazette is the official Newsletter of the Orange County Health Needs Assessment Project. This is a monthly publication. We welcome your comments, concerns or suggestion. Deadline for articles is the 10th of the month.

Pamela Austin, Project Dir. . . HASC
Heather Clifford, Proj. Coord.....HASC
Lillian Reyes-Maples Consultant

Please feel free to send your correspondence to Pamela Austin at :

HASC
2020 E. First St. Suite 509
Santa Ana, CA 92705
(714) 547-3631
FAX (714) 547-3629

E-mail: paustin@hasc.org



Social Services Agency Multipurpose Senior Services Program Fosters Independent Living in the Community

By: Jan Taraszkiewicz, MSSP Site Manager, Social Services Agency

Multipurpose Senior Services Program's (MSSP) primary objective is to avoid or delay the premature placement of elderly adults in nursing facilities, while fostering independent living in the community. MSSP provides services to Medi-Cal eligible clients and their families to enable clients to remain in their own homes at a cost lower than nursing home placement, something everyone hopes to attain in their old age.

The California Department of Aging administers MSSP and contracts with local government and private nonprofit agencies to administer the program locally. Here in Orange County, the program is administered by the Social Services Agency.

MSSP provides social and health case management services, which includes client assessment, care planning, service arrangement and client monitoring. In fiscal year 1998/1999, the Orange County MSSP received funding to serve an average of 200 clients per month. It is anticipated that confidence in the administration of this program will result in additional funding allowing for a total of up to 360 client to be served each month in fiscal year 1999/2000.

MSSP currently has space available for new clients. For more information on eligibility requirements and program operations, or to make a referral, please call 714/566-3100.

A recipe for good health, compliments of the American Diabetes Association. Bon Appetit.



California Walnut, Turkey and Rice Salad

- 3 cups cooked brown rice
- 2 cups cooked turkey, white meat, diced
- 1/2 cup celery, diagonally sliced
- 1/4 cup pineapple chunks, drained
- 1/4 cup mandarin oranges, drained
- 1/4 cup water chestnuts, drained and thinly sliced
- 1/4 cup scallions, thinly sliced
- 1/4 cup chopped walnuts
- 1/2 cup lowfat lemon yogurt
- 1/2 cup low fat mayonnaise
- 1 tsp. lemon rind, grated
- 1/2 tsp. curry powder
- 6 cups lettuce, try romaine, spinach, Boston, or mache

Combine first 8 ingrediants in a large bowl. Whisk together next 4 ingrediants. Add the dressing to the salad mixture and toss to coat. Cover and refriferate. To serve, spoon 1 cup of salad over a cup of the lettuce leaves.

Makes 6 servings. Each serving: 284 calories; 9.3 grams of fat.

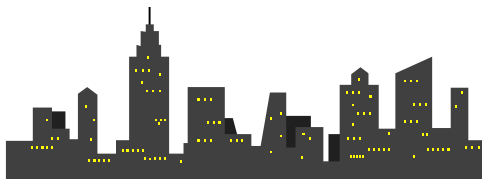
OCHNA Steering Committee

Len Foster, Co-chair.....Orange County HCA
Dr. Gwyn Parry, Co-chair...Hoag Memorial Hosp.
Pamela Austin, Project Mgr.....HASC
Anaheim General Hospital
Anaheim Memorial Med. Ctr.
CalOPTIMA
Children's Hospital of OC
Coalition of OC Community Clinics
Coastal Communities Hospital
Chapman Medical Center
Fountain Valley Regional Hospital
Garden Grove Hospital
Healthcare Assoc. of So. Calif.
Healthcare Council of OC
Hoag Memorial Hosp. Presbyterian
Huntington Beach Hospital
Irvine Medical Center
Kaiser Permanente
La Palma Intercommunity Hospital
Los Alamitos Medical Center
March of Dimes
Martin Luther Hospital
Mental Health Association of OC
Mission Hospital Regional MC
Orange County Medical Assoc.
Orange Coast Memorial MC
Placentia Linda Hospital
Saddleback Memorial MC
St. Joseph Health System
St. Joseph Hospital
St. Jude Medical Center
Santa Ana Hospital
South Coast Medical Center
Tustin Rehabilitation Hospital
UCI Medical Center
United Way of OC
West Anaheim Med. Cntr.
Western Medical Center/SA/Anaheim

Advisory Committee

Rimal Bera, M.D.Mental Health Assoc.
America Bracho, M.D..Latino Health Access
Jo CainesKOCE TV, Channel 50
Mai Cong.....Vietnamese Community OC
John F. Dean, Ed. D.....OC Dept. of Educ.
Mary Dewane.....CalOPTIMA
Ron DiLuigi.....St. Joseph Hospital
Len Foster.....OC Health Care Agency
Gene Howard.. Orangewood Children's Fnd
Pat Klotz.....California State PTA
Jim Levy.....Senior Citizens Council
Stanley C. Lowenberg, M.D.OCMA
Glenda Mourer.....Family Preserv. & Supp.
Martin E. Ogle, M.D.....Emergency Medical
Care Committee
Don Oxley.....Orange County HCA
Gwyn Parry, M.D.....Hoag Memorial
Hosp. Presbyterian
Julie Puentes.....OC Business Council
Felix Schwarz.....Human Relations
Commission, OC
William Shane.....The National Conference
The Honorable James W. Silva.....
OC Board of Supervisors
Jim Spriene.....Laguna Beach Police
Dept., Rep., Sheriffs and Police Chiefs Assoc.
Hildy Meyers, M.D.....OC HCA
Ron Wright, DDS.....100 Black Men of OC
OCHNA project funded by
The California Endowment and
Grant Administration by
OC Community Foundation

Community Highlight



Community Health Improvement Corner

Check out these upcoming May and June events arranged by Hoag Memorial Hospital Presbyterian. Classes are free of charge unless otherwise noted. Reservations are required. Call 800/514-HOAG for more information

Snoring: A Nighttime Warning Sound?

Learn signs, symptoms and possible hazards connected with obstructed breathing and irregular sleep patterns. Presented by Paul Selecky, M.D.

Thursday, May 27 at 7:00 p.m. at the Hoag Health Center – Costa Mesa

American Heart Association CPR Heart Saver Course

Learn essential life-saving techniques for adults and children. Receive certification card. \$25.00 fee, materials included. Call 949/631-3623 for reservations.

Saturday, May 15 at 2:00 p.m. at the Hoag Health Center – Costa Mesa

Saturday, June 19 at 2:00 p.m. at the Hoag Health Center – Costa Mesa

Saturday, June 26 at 8:00 a.m. at the Hoag Health Center – Irvine

Senior Health Talks: Better Alternatives to Living Wills

Learn more about legal documents that ensure your medical care and treatment wishes are followed. Presented by Wendy Martin, R.N., J.D.

Friday, May 21 at 1:30 p.m. at the Hoag Health Center – Costa Mesa

Maybe a Baby?

If you are thinking about having a baby, this seminar is for you. Learn everything you need to know before pregnancy.

Wednesday, May 26 at 7:00 p.m. at the Aliso Viejo Sheriff Station Community Room

Endometriosis

Discuss the facts about endometriosis – the latest diagnostic testing methods of treatment available today. Presented by Deborah Grause, M.D.

Tuesday, May 25 at 7:00 p.m. at the Hoag Health Center – Huntington Beach

OCHNA

c/o HASC

2020 E. First St., Suite 509

Santa Ana, CA 92705